



Division of Mental Health

Two Peachtree Street, NW • Suite 23.415 • Atlanta, Georgia, 30303-3142 • 404-657-2273

TRAINING ANNOUNCEMENT

FY 11 Series - Dialectical Behavior Therapy: Treating Adolescents with Multiple Problems

To: Providers of C&A Services
Regional Coordinators

From: Daniel Trussel, Director, Community Mental Health Services
Monica Parker, Director of C&A Community Mental Health Services

CC: Department Management Team

Date: March 4, 2011

The purpose of this memo is to notify you of a series of training for C&A clinicians titled “Dialectical Behavior Therapy: Treating Adolescents with Multiple Problems.”

Background: The Department of Behavioral Health and Developmental Disabilities (DBHDD) seeks to expand best practices and the interventions that are needed in the toolkits of those who work with Georgia’s youth and families. Mental health professionals working with multi-problem suicidal adolescents are often stymied by the complex clinical presentations and treatment challenges that arise; these adolescents are often difficult to engage and retain in outpatient treatment. DBHDD is offering a series of training to designated child and adolescent behavioral health service providers in order to enhance the delivery of effective, evidence-based therapies designed to treat children and adolescents with complex, chronic, difficult-to-treat disorders.

Description: Dialectical behavior therapy is an effective, evidence-based therapy designed to treat individuals with complex, chronic, difficult-to-treat disorders with a combination of Axis I and Axis II diagnoses. Over the past decade, Miller, Rathus, and Linehan have researched and adapted this treatment with adolescents and families, as described extensively in their book, *Dialectical Behavior Therapy with Suicidal Adolescents* (Guilford Press, 2007). DBT offers practitioners a comprehensive treatment approach that prioritizes life-threatening and therapy-interfering behaviors to keep adolescents safe, stable, and connected to treatment.

There will be two levels of training presented in the series:

- Level 1 – In the March and May sessions participants will learn the basic principles of DBT as well as relevant adaptations for working with adolescents.
- Level 2 – In the June session, practitioners will learn specific principles and strategies relevant to working with adolescents and families.

The June session will NOT include the basics, but will focus entirely on applications of the model with adolescents. Practitioners attending the June session MUST have prior training in DBT basics in order to attend.

This training will be conducted in a “hands-on” manner, emphasizing clear and practical instruction illustrated in video, role-play demonstrations, small group interactions, and adolescent-friendly mindfulness exercises.

*Please note: The Level 1 March and May sessions are designed for an audience with a broad range of exposure to DBT, and includes both a review of the basics of the model as well as more specific applications for working with adolescents. The Level 2 June session is designed for those who have prior knowledge and experience with DBT; **the June session will NOT provide a review of DBT basics.***

Training Objectives:

- Become familiar with existing treatment outcome research for suicidal multi-problem adults and adolescents.
- Identify how the theory, principles, functions, and models of comprehensive DBT apply to working with adolescents and families.
- Learn dialectical dilemmas relevant to adolescents and families, and how to convey the biosocial theory to adolescents and families.
- Learn how to target problematic behaviors and how to employ DBT commitment strategies with adolescents.
- Learn how to involve families in DBT and how to structure and run multi-family skills training group.

Presenters: **Adam Payne, Ph.D.**, received his doctorate in clinical psychology from the State University of New York at Stony Brook in 1996. Dr. Payne is a founding member of the Center for Cognitive and Dialectical Behavior Therapy (CCDBT). The CCDBT aims to provide effective, evidence-based, psychotherapeutic treatments for children, adolescents, and adults.

Prior to the formation of the CCDBT, Dr. Payne served as the Clinical Coordinator of the Adolescent DBT Program at Schneider Children's Hospital. Beginning in 1999, his team developed a comprehensive Adolescent DBT program at Schneider Children's Hospital, part of the North Shore – Long Island Jewish Health System. Dr. Payne also previously served as the staff psychologist of the Adolescent Treatment Team of the Child and Adolescent Day Hospital at Zucker Hillside Hospital. Prior to the formation of the CCDBT, Dr. Payne also maintained a faculty practice for treatment of children, adolescents, and adults within Zucker Hillside Hospital on Long Island.

Dr. Payne is an international trainer for Behavioral Tech, LLC. More locally, Dr. Payne has been an invited speaker to school districts and mental health settings to present information about the application of DBT to adolescent populations.

Annie McCall, M.A., L.M.H.C. is co-founder of Youth and Family DBT of Seattle, which has been providing DBT skills training to teenagers and their parents since 2006. Ms. McCall completed her Master's degree in psychology at New York University in 2000, where she was introduced to DBT treatment in the eating disorders day treatment program at North Shore University Hospital. Since moving to Seattle, she has worked with Dr. Marsha Linehan as a skills trainer, individual therapist, clinical supervisor, and clinic coordinator. As part of her private practice, Ms. McCall provides individual DBT treatment to adolescents and adults. Ms. McCall has been a trainer for Behavioral Tech since 2008. Her clinical experience includes out-patient and community mental health settings, as well as crisis intervention services. She is an adjunct faculty member of the University of Washington Psychology department, and a member of the Mapleleaf consultation team.

Elizabeth Dexter-Mazza, Psy.D., received her undergraduate degree from Florida State University and her doctoral degree from the School of Professional Psychology at Pacific University in 2004. She completed her predoctoral internship at the Albert Einstein College of Medicine/Montefiore Medical Center's Adolescent Depression and Suicide Program under the directorship of Dr. Alec Miller. Dr. Dexter-Mazza completed her postdoctoral fellowship under the direction of Dr. Marsha Linehan at the Behavioral Research and Therapy Clinics (BRTC) at the University of Washington. Dr. Dexter-Mazza's primary research focuses on the development and evaluation of effective training programs for mental health professionals working with suicidal clients. She has published several book chapters and peer reviewed articles on DBT, Borderline Personality Disorder (BPD), and graduate school training in how to manage suicidal clients. Dr. Dexter-Mazza maintains a private practice in Seattle, providing individual DBT to people with BPD and skills-based coaching and support to family members and friends of individuals with BPD.

Audience: This training is designed for Master's level mental health practitioners working with teens and families in a wide range of treatment contexts. **NOTE: The June 9-10 seminar REQUIRES PRIOR KNOWLEDGE of the DBT model. There will be NO OVERVIEW of DBT in the June 9-10 session.**

Details:

Dialectical Behavior Therapy: Treating Adolescents with Multiple Problems Level 1 Sign-In begins at 8:00am Sessions begin at 8:30am and conclude at 4:30pm	
Dates and Time	Location
Level 1 – Includes basics of DBT Monday - Tuesday March 21-22, 2011 8:30am to 4:30pm each day Onsite check-in begins at 8:00 am Deadline for registration: March 16, 2011	NORTHWEST METRO - KENNESAW Kennesaw State Univ Continuing Education Center Room 242 3333 Busbee Drive, Kennesaw, GA 30144 770-423-6765 <u>**The ConEd Center is NOT located on the KSU campus**</u> Directions: http://www.kennesaw.edu/coned/directions/index.html
Level 1 – Includes basics of DBT Thursday - Friday May 12-13, 2011 8:30am to 4:30pm each day Onsite check-in begins at 8:00 am Deadline for registration: May 6, 2011	SOUTH METRO – ATLANTA Doubletree Hotel Atlanta Airport 3400 Norman Berry Drive, Atlanta, GA 30344 404-763-1600 Directions and Map Found at: http://doubletree1.hilton.com/en_US/dt/hotel/ATLANDT-Doubletree-Hotel-Atlanta-Airport-Georgia/directions.do

Dialectical Behavior Therapy: Treating Adolescents with Multiple Problems Level 2 Sign-In begins at 8:00am Sessions begin at 8:30am and conclude at 4:30pm	
Dates and Time	Location
Level 2 – REQUIRES PRIOR KNOWLEDGE of DBT Thursday - Friday June 9-10, 2011 8:30am to 4:30pm each day Onsite check-in begins at 8:00 am Deadline for registration: June 3, 2011	NORTHEAST METRO – GWINNETT UGA-Gwinnett Campus, Room 107 2530 Sever Road Lawrenceville, GA 30043 (678) 985-6801 Directions and Map: http://www.uga.edu/gwinnett/directions.html

CEUs: **Application has been made for 10.0 CEU contact hours for the 2-day training through the UGA School of Social Work for this seminar.** Certificates of Attendance also will be provided to those who attend the full training as scheduled. *If you arrive more than 15 minutes late, or if you leave more than 15 minutes early on either day, we will not be able to issue a Certificate of Attendance or CEUs for your participation.*

It is the goal of DBHDD to continue to provide those working within the publically-funded DBHDD system with free, high quality opportunities to acquire credits needed for professional license renewal. DBHDD policy regarding issuance of CEUs is based upon State Law and the guidelines set forth by the Georgia Composite Board which state that **“participants must attend the entire presentation in order to receive continuing education credit.”** Please plan to arrive early or on time for all Department-sponsored training events. If you are more than 15 minutes late arriving for a seminar, you will be welcome to remain for the balance of the presentation, but we will not be able to issue continuing education credits to you as a participant. This policy applies to early departures and phone calls as well – if you leave more than 15 minutes early, or are out of the room for more than 15 minutes while the training is in session, we will not be able to issue CEUs for your participation.

We have instituted this policy in an effort to cut down on unnecessary interruptions during the presentation and to ensure that our ability to offer CEUs is not put into jeopardy. **Participants are expected to make prior arrangements for management of work-related emergencies** so that such events do not interfere with their full attendance and participation in the training as scheduled.

While there is no charge to participants for these CEUs, those who require CEUs for licensure are responsible for (1) completing the Evaluation Form and (2) signing the Attendance Sheet for CEUs after the completion of the training. Certificates will be mailed to participants who have completed all of the forms required for CEUs at the conclusion of the training. No CEU contact hours can be issued to any attendee who does not complete the required forms and attend the entire training event as scheduled.

Contact: For questions about the topic, please send an email to RegistrationMHDDAD@dbhdd.state.ga.us. Be sure to clarify the title of the training about which you are emailing.

Georgia Department of Behavioral Health and Developmental Disabilities

Dialectical Behavior Therapy: Treating Adolescents with Multiple Problems

Fax Registration Form
Fax to: 404-463-6808

Date: _____

Last Name	First Name	Middle
Mailing Address (Street Address or PO Box)		EMAIL Address (PLEASE PRINT)
City	State	Zip
Work Phone	Fax	Alternate Phone
Full Name of Organization or "Other"		
Supervisor Name and Email Address		

PROFESSIONAL INFORMATION

Job Title or Advocacy Role _____

Program Area You Work In	<input type="checkbox"/> Mental Health	DBHDD Region Your Organization Serves	<input type="checkbox"/> Region 1	
	<input type="checkbox"/> Developmental Disabilities		<input type="checkbox"/> Region 2	
	<input type="checkbox"/> Addictive Diseases		<input type="checkbox"/> Region 3	
	<input type="checkbox"/> Mental Health & Addictive Diseases		<input type="checkbox"/> Region 4	
	<input type="checkbox"/> All Program Areas		<input type="checkbox"/> Region 5	
Your Role	<input type="checkbox"/> Direct Service	Area of Licensure or Certification	<input type="checkbox"/> Registered Nurse	<input type="checkbox"/> Licensed Prof Counselor
	<input type="checkbox"/> Supervisor/Management		<input type="checkbox"/> Psychologist	<input type="checkbox"/> Certified Addiction Counselor
	<input type="checkbox"/> Administration		<input type="checkbox"/> Other	<input type="checkbox"/> Licensed Marriage/Family Therapist
	<input type="checkbox"/> DHR State or Regional office		<input type="checkbox"/> Not Applicable	
	<input type="checkbox"/> Consumer Advocate			
	<input type="checkbox"/> Other			

- ☐ Kennesaw, GA – Mon-Tues, March 21-22, 2011, 8:30am-4:30pm; Deadline to Register: March 16
- ☐ Atlanta, GA – Thurs-Fri, May 12-13, 2011, 8:30am-4:30pm; Deadline to Register: May 6

Note prerequisite for June 9-10 session: Must have prior training in DBT basics!

- ☐ Lawrenceville, GA – Thurs-Fri, June 9-10, 2011, 8:30am-4:30pm; Deadline to Register: June 3

Please Register Online at <http://www.cviog.uga.edu/dbhdd/>
ONLY IF NO INTERNET ACCESS, FAX this form to 404-463-6808.

If you have questions, please e-mail to RegistrationMHDDAD@dbhdd.state.ga.us